



When Food is Best. Food is best when it contains a variety of constituents.

Not Growing. Nut growing is profitable, but it requires years to bring a nut tree to well.

Keep the Cow Clean. While the udder of the cow should be washed at every milking, to insure perfect cleanliness of milk, yet the cow should be kept where she will be clean.

Keep Only the Best. It is poor business policy to keep any number of hens in the flock that have shown themselves unprofitable.

Keeping Sheep Free from Parasites. Sheep are subject to a number of external parasites, most of which are spread easily. In order to prevent spread of the trouble, the sheep should be dipped at least twice a year.

Care of Work Horses in Winter. A great many farmers have a large number of horses which work hard during the spring season and during the autumn when the land is being prepared for fall crops or being plowed for spring crops.

There is frequently much difficulty in feeding new corn and sometimes new oats to these animals. If a ration consisting partly of new and partly of old crops can be used, there will be little danger of bad results.

A Sympathetic Sentiment. "I'm crazy about music!" said the girl who always uses an exaggerated form of speech. "After hearing you practice," said her father, "so am I."—Washington Star.

oats, clover hay or bran, so as to supply material for building up bone and muscles. A corn diet is a little too heating for colts, but there is little harm in feeding some corn.

For horses and colts not at work, a very warm barn is not necessary. Any one who has had experience in wintering horses knows that animals allowed to run in the open field with a warm shed will do very nicely.

A Talk on Farm Rations. Many products of farms are sent away, and often come back again to be used on the very places upon which they were grown. The farmer sells his wheat and buys the bran therefrom to be used as food for stock.

The Science of Boiling. One hundred years ago Count Rumford pointed out that in Munich, where his experiments in cookery were made, water boiled at 209 1-2 degrees, on account of its elevation, while in London it boiled at 212 degrees.

In order that valuable information may be furnished the farmers concerning the protein foods offered for sale the station sampled and analyzed the stock of different dealers, beginning as far back as 1885, which showed that, as a whole, they were of average good quality.

Various tables, showing the average protein and its value, have been published, recommending that all such foods should be sold under a guarantee, the farmers, when buying feeds, to select those which furnish the protein the cheapest, as this is the substance desired more than any other when the feeds are purchased for the purpose of enriching the rations made from home-grown produce.

Buttered Parsnips—Wash and boil in cold salted water from three-quarters to an hour. Skin and cut into round, thick slices. Have ready in a saucepan a tablespoonful of butter, and one tablespoonful of flour, previously rubbed together, and two tablespoonfuls of milk.

Chicken Salad—Mince the white meat of a chicken fine, then chop the white parts of celery and prepare a dressing as follows: Rub the yolks of hard-boiled eggs smooth with a spoon; put to each yolk one teaspoonful of made mustard, half as much salt, a small glassful of strong vinegar and a tablespoonful of the best olive oil.

Dresden, Germany, has set a commendable example by placing clocks in all the electric street cars.

HOUSEHOLD HINTS



Little sachet bags of thin silk may be hung unobtrusively upon the backs of chairs to supply a faint, elusive accent to a room, if that is liked.

To Make a Cork Fit. To make a small cork fit a large bottle, and vice versa, it is common practice to trim the sides of a cork when it is too large for a bottle.

To Wash Pillows. To wash a pillow or bolster, double a sheet and sew one side and ends together, leaving an opening on one end a little more than the width of the pillow.

Many School Children Are Sickly. Mother Gray's Sweet Powders for Children, winter used to chloroform him and cure his feverishness, constipation, stomach troubles, teething disorders and destroy worms.

How's This? We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

Mr. Winslow's Soothing Syrup for children teething, soothes the gums, reduces inflammation, allays pain, cures wind colic.

It is much easier to expound the truth than to nail a lie.

Piso's Cure cannot be too highly spoken of as a cough cure.

Hearing, as a rule, is more acute with the right than with the left ear.

The English language is spoken by 115,000,000 people.

There is nothing so healthy as a good conscience.

SLANG. The Slang Dictionary of the English Language, published by the author in 1872, contains nearly 60,000-words in many words and phrases with definitions, illustrative as well as amusing. Price in cloth, stamps of gold, \$1.00. Slang Pub. Co., 620 1/2 Ave. N. E.

Why Syrup of Figs is the best family laxative. It is pure. It is gentle. It is pleasant. It is efficacious. It is not expensive. It is good for children. It is excellent for ladies. It is convenient for business men. It is perfectly safe under all circumstances. It is used by millions of families the world over. It stands highest, as a laxative, with physicians. If you use it you have the best laxative the world produces.

Because Its component parts are all wholesome. It acts gently without unpleasant after-effects. It is wholly free from objectionable substances. It contains the laxative principles of plants. It contains the carminative principles of plants. It contains wholesome aromatic liquids which are agreeable and refreshing to the taste. All are pure. All are delicately blended. All are skillfully and scientifically compounded. Its value is due to our method of manufacture and to the originality and simplicity of the combination. To get its beneficial effects—buy the genuine. Manufactured by CALIFORNIA FIG SYRUP Co. San Francisco, Cal. Louisville, Ky. New York, N. Y. POP SALE BY ALL LEADING DRUGGISTS.

HAD A ROUGH EXPERIENCE. An English Newspaperman Got into All Kinds of Trouble. Thomas J. Minniek, an English newspaper man, sought glory by imitating the old-time American reporter's trick of having himself locked in a Belgian madhouse to secure a sensation.

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HAMLIN'S WIZARD OIL FOR RHEUMATISM, LAMEBACK, NEURALGIA, HEADACHE, EARACHE, CUTS, WOUNDS, SPRAINS, BRUISES, BURNS, SCALDS, SORE THROAT, DIPHTHERIA, SORES, ULCERS AND ALL PAIN, SORENESS, LAMENESS, SWELLING AND INFLAMMATION. 50¢ BOTTLE.

NO NOON HOUR. The Passing of This Brief Rest Period in Busy New York. "There is no noon hour in the lower part of Manhattan," New York, said an old restaurant man, who has supplied luncheon for business men and clerks for over a score of years.

Strongest Jail on Earth. Graham county jail, at Clifton, Ariz., is unique. It comprises four large apartments hewn from the solid quartz rock of a hillside.

Built Thousand Years Ago. Captain Francis Tuttle, of the revenue cutter Bear, during his recent trip in the Arctic seas, found a house built by human beings probably thousands of years ago.

"Bush" Doctoring in Jamaica. "Bush" doctoring in Jamaica is a mysterious practice to which grave penalties, as well as rich profits, attach.

PISO'S CURE FOR COUGHS WHILE ALL ELSE FAILS. Best Cough Syrup. Tastes Good. Use in Time. Sold by Druggists. CONSUMPTION.

WOMAN'S RIGHTS IN RUSSIA. Novel Hotel Planned for Care of Women's Health. The latest development of the woman's rights question in Russia has taken the form of a novel proposal planned by the "Society for the Care of Women's Health."

A New Gold Field. Fish, gold and whales abound along that portion of the North Siberian coast westward of Behring straits. Wonderful stories are coming from that section concerning the abundance of each.

Mother "My mother was troubled with consumption for many years. At last she was given up to die. Then she tried Ayer's Cherry Pectoral, and was speedily cured."

No matter how hard your cough or how long you have had it, Ayer's Cherry Pectoral is the best thing you can take. It's too risky to wait until you have consumption. If you are coughing today, get a bottle of Cherry Pectoral at once.

Destiny of Canada. Canadians have organized a Preference League, with the motto, "Canada," the members pledging themselves to buy Canadian products and manufactures "when the quality is equal to, and the cost not in excess of, foreign articles."

ST. JACOBS OIL POSITIVELY CURES Rheumatism Neuralgia Backache Headache Feetache All Bodily Aches AND CONQUERS PAIN.

Capsicum Vaseline PUT UP IN COLLAPSIBLE TUBES. A Substitute for and Superior to Mustard or any other plaster, and will not blister the most delicate skin.

CALIFORNIA INFORMATION FREE THE SACRAMENTO VALLEY. THE SACRAMENTO VALLEY is picturesque, beautiful and productive. No more of long, tedious and disastrous water direct transportation every where.

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